

ACL RECONSTRUCTION REHABILITATION PROTOCOL

0-2 WEEKS POST OP (PHASE I)

- ✓ ENSURE PASSIVE ZERO DEGREE EXTENSION.
- ✓ OPERATED LEG IN LONG KNEE BRACE LOCKED IN FULL EXTENSION.
- ✓ ANKLE TOE MOVEMENT
- ✓ STATIC QUADRICEPS AND HAMSTRING EXERCISES.
- ✓ STRAIGHT LEG RAISE IN SUPINE AND SIDE LYING WITH KNEE BRACE ON.
- ✓ WALKER/BILATERAL AXILLARY CRUTCH AIDED TOLERABLE WEIGHT BEARING ALLOWED.
- ✓ BRACE TO BE WORN 24X7 EXCEPT DURING GENTLE HEEL SLIDES WHILE LYING DOWN

2-4 WEEKS POST OP (PHASE II)

- ✓ ACTIVE KNEE FLEXION UPTO 90*, PASSIVE KNEE EXTENSION TO 0*.
- ✓ START WITH GENTLE HEEL SLIDERS.
- ✓ CONTINUE STRAIGHT LEG RAISE WITH BRACE ON.
- ✓ WALK WITH STICK ON THE UNOPERATED SIDE
- ✓ CONTINUE USE OF BRACE FOR WALKING TILL THE END OF 4 WEEK.
- ✓ START EARLY PROPRIOCEPTIVE TRAINING.

4-6 WEEKS POST OP (PHASE III)

- ✓ DISCARD BRACE FOR ALL ACTIVITIES.
- ✓ GRADUALLY INCREASE THE KNEE FLEXION RANGE OF MOTION FROM 90* TO FULL FLEXION.
- ✓ GAIT RE-EDUCATION WITH STICK WITH PROPER HEEL TOE PATTERN.
- ✓ START STAIR CLIMBING. INITIATE WITH THE NON- OPERATED LEG WHEN ASCEND THE STAIR AND OPERATED LEG WHEN DESCEND THE STAIR.
- ✓ EMPHASIS ON HAMSTRING STRENGTHENING, START PRONE KNEE BENDING EXERCISES.
- ✓ PATIENT SHOULD AVOID DEEP SQUATS, RUNNING, JUMPING ACTIVITIES.
- ✓ PATIENT SHOULD AVOID USE OF INDIAN STYLE TOILETING ACTIVITIES.
- ✓ IT IS NOT ADVISABLE TO DRIVE TWO WHEELERS, BI-CYCLE TILL 8-10 MONTH POST OP .
- ✓ CONTINUE USE OF ICE PACK IF PAIN OCCUR AFTER DOING EXERCISES.

6-8 WEEKS POST OP (PHASE IV)

- ✓ DISCONTINUE STICK FOR WALKING.
- ✓ EMPHASIS ON GAIT RE-EDUCATION.
- ✓ START OPEN KINETIC CHAIN EXERCISE FOR QUADRICEPS FROM 90*- 45* IN HIGH SITTING.
- ✓ START CLOSE CHAIN IN THE FORM OF MINI SQUAT FROM 0*- 45*.
- ✓ START STATIONARY CYCLE WITH ZERO RESISTANT.
- ✓ CONTINUE EXERCISE OF PHASE III.
- ✓ START LUNGES (FORWARD AND SIDEWAYS).
- ✓ STEP UP AND DOWN-LATERAL STEP UPS.

8-12 WEEKS POST OP (PHASE V)

- ✓ START THERABAND EXERCISES FOR HAMSTRING AND QUADRICEPS STRENGTHENING.
- ✓ CONTINUE A COMBINATION OF CLOSED AND OPEN CHAIN EXERCISES. AVOID FULL ACTIVE KNEE EXTENSION TILL 12 WEEK POST OP
- ✓ CAN START DRIVING CAR FOR SMALLER DISTANCES, GRADUALLY INCREASE THE DURATION OVER A PERIOD OF TIME.
- ✓ AVOID CROSS LEG SITTING, DEEP SQUATS, RUNNING, JUMPING AND CUTTING ACTIVITIES.

3-6 MONTHS POST OP

- ✓ PATIENT CAN GO FOR GYM ACTIVITIES, LIMITED TO SEATED KNEE EXTENSION, LEG PRESS, CYCLING WITH MILD TO MODERATE RESISTENT.
- ✓ PROGRESS TO NEXT LEVEL OF THERABAND IN EVERY 3-4 WEEKS.
- ✓ SINGLE LEG STANDING ON FLAT AND UNEVEN SURFACE.
- ✓ BALANCE ON WOBBLER BOARD AND TRAMPOLINE.



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6 - 8 MONTHS POST OP

- ✓ CONTINUE EXERCISES WITH GRADUALLY INCREASE IN RESISTANCE/DIFFICULTY LEVEL.
 - ✓ PRIOR TO START WITH ANY SPORTS ACTIVITY ONE SHOULD MAKE SURE MUSCLE POWER OF QUADRICEPS OF THE OPERATED IS 90 - 100% TO THE CONTRALATERAL SIDE.
 - ✓ GOOD PROPRIOCEPTIVE CONTROL.
 - ✓ NO LAXICITY .
 - ✓ START WITH JOGGING AT THE END OF 8 MONTHS POST OP .
 - ✓ START AGILITY TRAINING 3 TIMES/WEEK
- T-TRAINING
 - SQUARE DRILL
 - FIGURE OF 8

9 MONTHS ONWARD

- ✓ ADVANCE PROPRIOCEPTIVE DRILLS.
 - ✓ ADVANCE AGILITY DRILLS.
 - ✓ 90-90 CUTS PROGRSS TO 45-45 CUTS.
 - ✓ ILINOS AGILITY TEST.
 - ✓ BEEP TEST/YO-YO TEST.
 - ✓ PLYOMETRIC ACTIVITIES WITH FUCTIONAL KNEE BRACE ON.
- AT ONE YEAR POST OP PATIENT CAN SUCCESSFULLY RETURN TO HIS/HER SPORTS WITH FUNCTIONAL BRACE.
 - FUNCTIONAL KNEE BRACE TO BE WORN FOR NEXT ONE YEAR DURING SPORTING ACTIVITIES.

